

This I Believe – Patchwork 3

“Change your thoughts and you change your world.” I personally believe in this saying. It was the one that allowed me to change my perspective in life.

I used to dislike someone in school. She was my classmate. Every time she tried to ask me something, I would just turn away, pretending not to hear. Whenever there were group discussions, I would join a group quickly, because I did not want to be in the same group as her. All this, was just because she was not Chinese like me.

I did not dislike her at first. It was sort of a neutral feeling between us. However, my close friends started making fun of her. I was not really affected by them in the beginning, but as time went by, I got influenced. I started laughing along with them at her, from her weird-smelling hair to her ugly-looking shoes. Every time she walked past us, we would all burst out laughing until our stomachs hurt, but she would just turn her head and walk hurriedly away. We did not even stop to think about her feelings.

Then, one day, as I was getting ready to start on my journey home, I heard a noise coming from somewhere behind me. Out of curiosity, I walked towards it, ending up at a wall. I could hear it more clearly. It was a soft sobbing. I tip-toed towards the wall and peeked over it as carefully as I could, making sure the person could not see or hear me.

It was her! And she was crying. Guilt instantly overwhelmed me. Images of how my friends and I made fun of her flashed repeatedly through my head. Then, I realized what my friends and I had done. All this time we made fun of her, but we did not care about how she felt. As I looked at the small figure huddled up in the corner, I could not help but feel ashamed of myself. I felt sorry for laughing at her and ostracizing her. At that moment, I felt as though nothing I did could ever make up for all that I had done to her.

Ever since then, I changed my attitude towards her and started to accept her. My friends would still make fun of her, but I did not join them and instead tried telling them to stop, because it was just so unfair to her. Perhaps it was because of my guilt-stricken conscience that allowed me to look at her in a different light and angle.

Changing my attitude and seeing her as a friend allowed me to put down all my negative feelings towards her, and I was able to make a “new” friend in turn. I was able to view friendship from a whole new different perspective, and also learnt how to stand in other people’s shoes.

I rule my own world when I choose my own thinking. This, I believe.